

2021 FEBRUARY Heart Month



CRETEX RESOURCES



Contact Linnea: 763-260-5113

All employees & covered spouses can schedule free health coaching sessions with Linnea! She is based out of the Be Well Health Center in Coon Rapids, Minnesota.

*Reminder: employees & covered spouses can earn points for completing health coaching as part of the **2021 Be Well Incentive Program**.*



Marathon Health ePortal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops. Check out this workshop when it works for **YOU: Cardiovascular Disease**

Log in to this website: my.marathon-health.com/
Click **Wellness**, then **Programs & Tools**
and then the workshop.

*Reminder: employees & covered spouses can earn points for completing this workshop and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.*



HealthPartners

The HealthPartners website shares specific information & resources to help prevent heart disease.

Go to this website:

<https://www.healthpartners.com/hp/healthy-living/health-topics/heart-health/index.html>

Healthy Living

Check out the American Heart Association's website specific to healthy living. This resource gives you information & tools to eat smart, move more, and be well to enhance your heart health: **heart.org/en/healthy-living**

Please scan this QR Code using a smartphone or tablet to easily view this document.

You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

EXTERNAL RESOURCES



February 5th: National Wear Red Day®

National Wear **Red** Day® is celebrated the first Friday of February. Wear red and encourage others to do the same to bring awareness that heart disease is a leading cause of death in the U.S. (especially women) and it is largely preventable. **Know your risk and protect your heart.**



supportnetwork.heart.org

Connect with others and access special forums!



Heart & Cardiovascular Disease

Heart disease is a term used to refer to several different types of heart conditions. Out of all the different conditions, **coronary artery disease**—caused by plaque buildup in the walls of the heart's arteries—is the most common. Other common forms of heart disease include:

- **Heart failure**
- **Arrhythmia**
- **Valvular heart disease**
- **Aortic aneurysms**
- **Congenital heart defects**

Heart disease is often used interchangeably with cardiovascular disease. **Cardiovascular disease** typically refers to heart conditions that involve blocked or narrowed blood vessels, which can lead to chest pains, stroke and heart attacks.

